DYNAMIZATION OF AYURVEDIC YOGAS

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INTRODUCTION

By definition in Ayurveda Dosha (Vata, Pitta, & Sleshma) Vyshamyam is termed as disease. This exactly means the abnormality of a tissue in a human body is termed as Disease. This is accepted by all systems dealing with Naturopathy, Homeopathy etc. Ayurveda also states that Dosha Samyam (Harmony) is defined as Health. Siddhas have formulated Ayurvedic Yogas for curing various kinds of diseases by bringing Dosha Vyushamya state back to Dosha Samya State.

The manifestation of body is Pancha Buttah (Prudhvi, Aapah, Vayu, Tejeh and Akasam). Because Purdhvi tatwam is predominant in the body, we can think of human body as Pardhivam. Akasa tatwam is a neutral entity in the human body. The remaining three tatwams, viz., Jalam, Vayu and Agni are fluid characteristics. Since they possess fluidly nature, they are moving through the body continuously through the Dooshyas (Sapta Dhatu). Even modern way of expressing human body is manifestation of tissues, cells and minute organisms. These three fluid characteristic tatwams, namely Jala (Aapah), Vayu (Air), and Agni (Tejah) are keeping the body alive by nourishing the Sapta Dhatus in the body. Their performance or working nature on the body is to keep it up alive and healthy. Their action on the body is microscopic (not visible). That is why it may be felt that these three tatwams' action is just as that of fine forces which cannot be felt by any observation.

The very idea of this research work is as follows:-

The abnormality of the three doshams (Vata, Pitta & Sleshma) which originate from the three tatwams (Vayu, Agni, and Jalam) are to be tackled and to bring them back to their normality. These three doshams are not existing in crude form. Moreover, it is felt that they originate from the entity which seems to be fine material. Therefore, to rectify the abnormal tridoshams that Ayurvedic Yogas formulated by Siddhas must also exist in Dynamised form. That is to say, one has to deal with fine forces to rectify the abnormality (disease). It may be pointed out here that this Dynamised Ayurvedic Yoga works out on active principle. Under this Dynamised state, it is not the mass taking action but

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only active ions looking after the work. Until today the ionic state is felt as most energetic to deal with doshas. Yogas are in the finer state. These ideas are purely the thoughts of this research worker.

BACKGROUND OF RESEARCH WORKER

This research worker has studied upto 10th Class in a school upto 1931. Later he has taken up studies in Sanskrit, Kavyas and Vyakarana to some extent for some extent for 4 to 5 years. During the period 1940-42, he studied in the RAM MOHAN AYURVEDIC COLLEGE at Gutnur in Andhra Pradesh. The research worker, out of curiosity and interest, has studied number of books in Naturopathy and books dealing with fine forces, namely Chromotherapy, Hydrotherapy, Homeopathy and Yogasanams.

Then he entered into the field of Ayurveda in the year 1951 at the age of 35 of the research worker. During the years 1951-70, this research worker practiced Ayurveda of traditional system using crude form. Since 1970, he has experience in the field of this new technique, namely DYANAMISED AYURVEDIC YOGA. This research worker has formulated and prepared more than 100 types of medicines. **Some of the medicines prepared are:-**

(1) NARAYANA JWARANKUSAM
(2) PASUPATSTRAM (Sarveswara Rasa- Inclusive of 9 Gems)
(3) BRIHAT BADABANALAM
(4) VISHANASANA RASAM
(5) MAHA VATA VIDHWANSI
(6) MAA LAKSHMI VILASA RASAM
(7) MAHARAJA MRUGANKAM
(8) MAHA JWALA MARICHI YOGAM (By Jnana Jyoti Yateeswara)
(9) SARVANGA SUNDARAM

The choornams are:-

(1) TUMURVADI CHOORNAM
(2) AGNITUNTE VATI
(3) SOOTHA SEKHARA RASA

and many other important Yogas compiled from the famous book namely **BHAISJYA RATNAVALI, RASAYOGA SAGARAM** and **YOGA RATNAKARAM**.

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During the period of last many years (1970 onwards) the above mentioned Dynamised durgs are practiced on diseases, namely, Tetanus, Typhoid, Pneumonia, Rheumatism, Tuberculosis and several kinds of remnant and intermittent fevers, Chronic malarial fevers, coughs, Chronic diarrhea, locomotor ataxia (Kalaya Khanja Vata), Gastric troubles and piles etc.

PRINCIPLE AND TECHNIQUE

TITLE: DYNAMISED AYURVEDIC YOGAS

Principle:- In general the Ayurvedic Yogas are prepared by Mardanams, Bhavanas, by oxidizations (Putaahs) and by triturations of the ingredients. This variety of medicine works on the diseased part of the patient due to primary action, Potentially. Here the Yoga is in relaxed form of the crude state of drug molecules. The energy that is inherently present in the Yoga is relaxed due to Mardanas etc., wherein the relaxed energy freely acts on the diseased part of the patient.

The various types of Yogas consisting of ingredients are in the form of Bhasmas and Choornams. For different kinds of diseases, different Yogas are polarized for the sake of proper action when embedded in ginger, Betel_leaf rasams etc.

Whatever kind of Yoga is used in any kind of disease with any kind of existence of the medicine, it is only the active principle of the ingredients that works out. The active principle is realized due to the above said Mardanas, Bhavanas Oxidisations (Putaah) and triturations. Based upon tridosa siddhanta only (Vata, Pitta and Sleshma), the Yoga (medicine) acts due to group action (i.e., fusion: releasing energy due to union of atomic nuclei to form heavier nucleus). This is realized fact in the system of Ayurvedic Yoga.

The grouped up action basing upon the active principle which is due to the activised molecular energy of the molecule is imparted to take up following new technique, namely **'Dynamised Ayurvedic Yoga.'**

Dynamised Ayurvedic Yoga:-

By intuition it is felt by this research woker, if the Ayurvedic Yoga is actually working on the active principle of the activated molecules, then the Yoga (medicine) can be Potentised to the required power. In this state of potency the Yoga (medicine) is activised and also in the excited state. Now if this

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Potentised drug is brought back to the ground state by means of providing suitable environments (ఆవర్తాः) this Yoga is said to be Dynamised wherein it works due to primary action only. This state of Yoga is known as deactivated molecular state where the molecules can group up to act over a large are of diseased part rather than in the form of Potentised drug state.

Briefly this Dynamised Ayurvedic Yoga consists of Two Steps:-

First Step:- The medicine consisting of ingredients is Potentised individually to the required potency by a process similar to Homeopathic diluting method. In this potency state the molecules are activated to higher energy state (excited state).

Second Step:- The Potentised durg is brought back to the ground state by suitable environments (the method of preparation will be described later in detail). This state of Yoga is defined by this research worker as 'Dynamised Ayurvedic Yoga'. The word 'Dynamised" is precisely used here because it acts over the diseased part of the body over a large area in lump action, continuously and energetically.

The reason for not using the medicine (Yoga) only in the Potentised state is due to the following:-

In the Potentised state the molecules of the ingredients are in exited state and when the medicine, if used, acts only due to secondary action. In practice, it is found that the excited state of Potentised drug is not yielding any favorable result.

Te unfavorable result in the Potentised drug state is felt due to the fact that the Secondary action of the medicine over the diseased part is not sufficiently acting over the required area.

Hence, this Potentised drug is brought back to the ground state by suitable environments only to make use of primary action as it is used in the ancient system of Ayurvedic Yogas. The only difference between the ancient Ayurvedic Yoga and this Dynamised Yoga is as follows.

In the ancient Ayurvedic Yoga, there is mass action of ingredients over the diseased part whereas in the Dynamised Ayurvedic Yoga (Which is obtained after two steps describe above), there is

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no mass action of the drug or medicine over the combination of the active principle. The advantages of the Dynamised Ayurvedic Yoga over the ancient Ayurvedic Yoga will be dealt with later.

Here it is appropriate to say that in order to obtain the said Dynamised Ayurvedic Yoga in the first instance the ingredients are Potentised to the required potency by means of dilution method similar to Homeopathy technique. This Potentisation is absolutely necessary to have the active principle of drug wherein mass action of the drug is removed. In homeopathy it is well proved and confirmed scientifically that the Potentised durg works on the active principle. The Potentised drug is in the ionic form. The Dynamised Ayurvedic drug is in the deactivated form in order to have lump action of the molecules over large areas.

Definition of Potentisation:-

Potentisation of Drug is as follows:-

It is obtained in accordance with succession and Trituration i.e., one part of substance is mixed with 99 parts of the first dilution. First(1^{st}) part of the dilution mixed in other phial with 99 parts of solvents makes the 2^{nd} centesimal dilution. Thus continuing for other dilutions each time changing the phial and giving proper strokes to each phial, we get 3^{rd}, 4^{th} and 5^{th} and so on…..centesimal potency.

Definition for Deactivation:-

Initially the reactants are taken to an activated state. This is also known as Potentised state. Then they react giving out products in a higher energy state. These products are deactivated is accomplished by providing path for the energy transfer from the excited products to other molecules or surroundings. These deactivated ingredients then form as a lump instead of forming as a chain as expected in a Potentised state. When formulated into Ayurvedic Yogas this lump is capable of giving the same primary action like the one that is expected from the crude ingredients.

ACTUAL PROCESSING OF THE DYNAMISED AYURVEDIC YOGA

The final form of a Dynamised Ayurvedic Yoga consists of combination of several ingredients. **"It is stressed here that a Dynamised Ayurvedic is obtained in a Two – Step process."** The first step process is involved in Potentising the ingredients to the required potency individually. All ingredients cannot be combined to have a collective Potentisation. This is due to the fact that different ingredients

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have different densities, and other physical properties. This is to be understood clearly here that Potentisation can be carried out on the ingredients individually but not collectively.

Potentisaiton of an individual ingredients of Dynamised Ayurvedic Yoga

GINGEBER(ARDRAKAM)

To raise this ingredient to 30^{th} potency is as follows:-

10 grams of Gingeber (Ardrakam) by weight is taken up. It is crushed partly and mixed with alcohol which is heavier by Seven (7) times by weight and preserved for a week in a cool and dark place. Every day it is twice shaken thoroughly place in the same way. After seven days the alcohol is decanted. This is called as mother tincture or 'Swarasa.' Now in order to raise the potency of this Swarasa the following procedure is adopted. ONE Part of Mother Tincture and 99 Parts of Distilled water (or) Alcohol is mixed in phial and successive successions are given up to 20 times or above. Now the power of the mother tincture is ONE. The same procedure is repeated 30 times. Each time taking from the back potency ONE Part of Dilution and mixed with 99 Parts of Distilled water (or) Alcohol in a phial and potency of the ingredient is raised to 30.

It may be pointed out here that by way of potentisation to the required potency the passive ingredient in the crude form is converted into the active ingredient in the Potentised State (Dynamised Form). Additionally by raising the potency the mass will be extinct and the active principle remains in a liberated state free from the bond of molecule thus increasing the velocity and making the active principle more powerful. Hence, the side actions that are created when the ingredient is used in the crude form are eliminated since there is no mass action under potentised state.

It may also be noted here that the potency is raised to 30 because some of the ingredients are readily available in the Home-Stores (or) Market which are in 30^{th} Potency.

This eliminates the process of raising the potency of ingredients which are already available in the market in 30^{th} Potency State. So it is only a question of convenience that the potency of 30 is chosen. Moreover the reactants are very sharp and powerful under 30^{th} potency rather than 12 which was predicted by some famous Homeopaths like KENT. This is also the same experience of this research worker.

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Now at this stage this research worker has prepared a suitable medicine with appropriate proportions said in the standard text-books of this individually potentised ingredients. However, it is found that potentised drug prepared from the above individually potentised ingredients is not yielding any result in application. This is taken as a very curious and surprise phenomena.

It is guessed for a considerable length of time to find ways and means for the failure of the potentised drug. After a lapse of so much thinking on the subject, the research worker could come to a conclusion to the failure of the potentised drug for the following reasons:-

1. No doubt, the activity of individual ingredient is raised according to the potency it is kept. However, this activated potentised drug is acting under secondary action. For the system of Ayurveda, primary action is the one which remedies the diseases and secondary action is not useful.
2. Secondly, this activated potentised drug might be acting over the abnormal tissue of the body in a uni-directional way and bombarding the abnormal tissue to a very minute area. Hence, it might be unable to act over a sufficient area of the abnormal tissue to yield proper remedy.

Now this research worker has adopted the following procedure. As already stated, the secondary action of the potentised drug on one hand and the uni-directional bombardment fo the potentised drug over the abnormal tissue of the body on the other are the causes of the failure of the potentised drug.

Now in order to polarize the potentised drug to have mulitface of action (or) a combined group of action over the abnormal tissue, a process just reverse the trituration is adopted i.e., the combined group action is obtained by polarizing

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